LEVEL 1

BALANCE - COPY CAT

— HURLING / FOOTBALL

N

This is a fun warm-up exercise that is suitable to use before balance exercises

Organisation

- The players copy the coach as he guides them through a series of pulse raising and mobilisation movements
- Incorporate the mobilisation exercises at regular intervals between the pulse raising exercises

Key Points

- Gradually increase the intensity of the activity
- Include a moderate version of activities to be performed later in the session

Equipment

- An inventory of equipment to support ABC exercises is available in the Resources section

Notes